By ELSIE CARROLL.

have the only woman's building at the

fair, but in the fact that we are by

Francisco at this time, whether they

"That we have proved our value is

easily seen by this fact alone: So far

over 112 straided girls have come to us and been helped. The help given has

in some instances positions have been

procured for them, and some have

out counting visitors to the West, so

"The officials of the exposition

f we would take up this work any girl discharged from her position there

would be reinstated on our recommen-

dation; that they would accept our

statement in regard to the girls every time; and the great value of this in our

ability to prevent misunderstandings

between employer and employe is eas-

now putting up a second building en-

tirely for the women employed in the

'Zone' (that part of the fair corre-

sponding to the 'Midway' of the Chi-

cago Exposition). This will have a

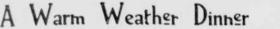
clubroom, lavatories and much needed

be visitors or employed on the grounds

TITAL work is being done by

the Young Women's Chris-

. WOMAN'S VARIED INTERESTS .



family's duty to see to it that her to add water than milk, as it makes it in need of help and care coming to San

erice; the next the menus. This, for are liable to break. Let stand a half all be prepared in the morning: Egg and Sardine Canape.

Fish Turbot. Peas. Summer Salad.

ench dressing. Chop the egg whites briskly to keep from lumping. Pour add: mix and cover closely. Then into moulds and set aside to harden. further promised the Y. W. C. A. that taight, just before serving, spread on | Serve with whipped cream

By JEANNETTE YOUNG NORTON. | the toast rounds and garnish with olive

Boil two pounds of fresh cod; drain, be the main thought of bone and flake. In a well buttered bakof families where ing dish put a layer of the cod, a layer th the assistance of one of crumbs, butter, pepper and salt and by the aid of a "by a sprinkling of fine chopped onion. helper, does the fam- Proceed until dish is filled. Beat one fresh egg in three-quarters of a cup of weather one does milk, sprinkle the too with pepper and mount or kind of salt and turn over the turbot. Set in needs in winter; conse- the icebox until an hour before it is building at the Panama Pacific Interneeded; the add a half-cup of cream national Exposition," said Miss Mary

The summer salad is composed of Louise Allen, editor of "The Associasatisfactory and sufficient to keep the thinly sliced radishes, cucumber, scal-tion Monthly," the national periodical lions and two kinds of lettuce cut with of the Y. W. C. A. "The real interest the kitchen shears. Toss lightly and in our work there," she continued, "is dress with French dressing. The vegeon is apt to be a rather tables and floating island are all too not based merely on the item that we one, made up of day well known to require recipes.

weeks' visit to not far dis- For the Cook Book request of the officials of the exposi-In making a plain omelet it is better tion big sisters to all girls and women

The first step is to simplify table Boiled puddings should never be

Milk puddings, intended to be eaten taken a variety of forms. In many at luncheon, should be prepared as soon cases tickets home have been provided;

as breakfast is over.

A delicious pudding and an inexpen- needed hospital attention. We have Pickled Beets, sive one is made of corn starch as fol- also an emergency fund, so that we lows: To two cups of water add eight are able to loan money without segrackers and Cheese. Floating Island. tablespoonfuls of granulated sugar and curity or interest rates to those espe-Allow one cold boiled egg for each the boiling point. Wet two table- are between 2,000 and 3,000 girls emmape and two sardines, skinned and spoonfuls of cornstarch with cold med. Mash the egg yolks and sar- water. Mix smooth and add to the enes together, moistening with a little hot syrup, bring to a boil, stirring our hands are very full.

& A Smock for the Little One, Too



A GARDEN SMOCK, of brown linen, with a sash of self-material water. If the breast milk is not sufstitch in conventional flower motif at ends and front, is here deagned by Miss Ruth Hambidge. The cap of linen has a stitched ticle of this series, with properly prebrim and is finished at the top with a single artificial daisy.

Light Education

By CLARA BROWN LYMAN. A child should sit in a chair that fits

indirect type, should never be placed eyes. bything else that requires using the ous practices in relation to the eyes. table is to be done. Also, the surface spon a polished surface. Glass topped pertant bodily functions.

there children work or play. The reection of lights in a mirror adds to

Teach a child never to lay a book the table when reading, but to hold Furteen inches from the eyes.

Never face either sunlight or arti- it comfortably and should sit erect, scial light. When reading let the not slouched down and never bent ight come from over the left shoulder over a table or desk, as this seriously and slightly from behind the shoulder. interferes with the proper action of This avoids any direct light in the the lungs and heart, produces curvacereals twice a day, in addition to fruit ture of the spine and other ill effects, juice, broth and dried bread. A deak lamp, unless it is of the new in addition to being very bad for the

Well over to the left aide if writing or studying before breakfast are injuri-

It is a curious fact that we are apt at such table should be dull or matt to think of the eyes as independent of healthy child from eighteen months to Saish in order that there may be no the rest of the body, whereas they are two years old (an ounce is two thre through reflection of the light intimately connected with the most im-

desks are particularly vicious in this Watch that boy or girl of yours Itspect and should always be covered whenever they put their eyes to work, with a dark green blotter or cover in the evening hours especially. Try 9 a.m. when working at them with a desk to make them realize that the eyes 10 a.m. Cereal, two tablespoonfuls. are the most precious of all the won-Mirrors should be avoided in rooms derful gifts of nature. If the child 2 p.m. is to go out into the world equipped to lead rather than to follow, eyesight must be carefully and jealously guarded. Begin now, before it is too late. Who knows what the future may have in store for the youngster curled up at a distance of about twelve to there in the easy chair beside the night

The Big Sisters of the Panama Fair Have Uptown Church Ruins Recall Helped 112 Stranded Girls Reach Home, Friends or a Job

The Y. W. C. A. Building at San the cafetaria lunchroom, the only part of our service for which there is a Francisco, the Only Woman's charge. Everything is most moderate in price, so that a person may procure Building There, Is More Than a meal for about 35 cents or less. One day she saw an old gentleman gesticuan Architectural Feature—It Is lating wildly. (Oh, yes, men are admitted to the building either alone or

The Y. W. C. A. building at the Panama-Pacific International Exposition provides home tickets, where conditions warrant, for women stranded at the Fair. It gets jobs for those who want them and show they deserve them. It gives medical aid to those who need it and cannot provide it from

A Refuge for Weary Workers

The work of the Y. W. C. A. at the Fair has grown to such proportions that a second building is being erected. "An ounce of prevention" is provided in evening classes in salesmanship, stenography, etc. A rest room, an employment bureau, a lunchroom, writing rooms, an information bureau and an assembly hall are part of the equipment of the first

pleyed on the exposition grounds, with- of 5,000.

Trouble.

in charge of a trained nurse. One 4 o'clock.

going in and out each day, an average When she awoke she expressed great and the lunchroom receipts up to May wrath at not having been called, were \$13,940.10. "On the second floor is a rest room though she had left no word to that fitted with couches and blankets and effect, for she had engaged a guide at

woman who had availed herself of a "Miss Brookman is head worker in

Modern Woman Likes To Be Abused

if you want her to love you?

The old English proverb has it that "A dog, a woman and a hickory tree,

I admit the beating may have salu- arm

employment bureau, and the average demanded and received the long, pale, him so not all, for the places are few and in nee idol lines.

have lately issued a poster warning and several other "Another 'ounce of prevention' we waxed strong and husky. Parts had to she'll propose to you on the spot. are taking is in having all girls willing be built around strong, masterful And after you marry her, give her mixing bowl, pour the boiling water

"Evidence that our building is ap-1 who "just loves a cave man" and ex-1 baby at night.

real life as well as on the speedily be shown the return road to stage? Must you grab a damsel his lair. Fact is, even if he should by the hair in true "cave man" fashion succeed far enough to seize her raven locks, likely as not she'd make prompt A New Wrinkle use of her first class, gymnasium de veloped muscle, beat him at his own The more you beat 'em the better they game and spoil the scene entirely by

Y. W. C. A. member in charge, and it I don't believe it, and as a modern and ethics and business and politics few years ago, but it is here to stay," will be a refuge for those girls that are left to their own diversions between hours of work, as well as a place for material convenience. The chief need of this building is that the present one, near the main entrance to the grounds is too far for the "Zone" girls to come to.

"The convenience to the interval of fact, very few women is too far for the "Zone" girls to come to.

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"The convenience of the interval of fact, very few women is too far for the "Zone" girls to come to.

"The convenience of the interval of the such a labor saver," I begged.

So that a larger and finer edifice workmen is light? Just try this new way it is science. She has invaded every field some many be erected on lexington Avenue at Sixy.

So that a larger and finer edifice workmen is light? Just try this new way it is science. She has invaded every field some many be erected on lexington Avenue at Sixy.

So that a larger and finer edifice.

So that a large and finer edifice.

So that a "In our present building we have an It isn't many years agone that women more, and doesn't hesitate to tell hot instead of the usual cold water.

five. We are able to place some, but need of a hair cut and running to mati- perior brain. She needs to keep her a Western college. brain alert in order to preserve her ingreat demand. To prevent the further Then health culture came in. Tennis, terest in life and prevent her from shortening, one-half cupful of boiling influx of girls from other states we vegetarianism, golf, football, osteopathy becoming blaze at twenty. So if you water, one-half teaspoonful salt if butvarieties of physical want to win her undying respect, worst ter is used or one teaspoonful salt if girls not to go to California expecting development were taken up by men and her in an argument. If you seriously lard or lard substitute is used, one-half to find work, as San Francisco is al- women. Even the stage hero couldn't desire her love, show a contempt for teaspoonful baking powder.

to study take evening courses in sales- heroes instead of pale, romantic ones. battle-mental battle of course, As over it and beat with a fork until manship, stenography, etc., so that Behold the healthy, chunky man is in long as you can argue with her on the creamy. Sift in flour mixture. Stir all when the exposition ends, on Decem- season, and theoretically he is supposed nebular hypothesis, you won't quarrel together and roll out. This amount ber 4, they will have an increased to live up to his brutal architecture. about the grocery bills. Prove to her makes two pies. If only one pie is deefficiency, and be able to procure Alas, that superstition is only for that you're taking care of her spiritual sired wrap the remaining dough in further work instead of being stranded the stage! The man who in real life development and you'll avoid discus- waxed or paraffined paper and put attempts to take seriously the maid sion as to who should take care of the where it is cool until another pie is tanic how you would weep for them, A. R. R. desired.

mitted to the building, either alone or a Constant Help in Time of with their wives and daughters; we do not separate the sheep from the goats.) Well, this old gentleman produced a check for a 95-cent lunch and anxiously questioned Miss Brookman. What can I get to eat that will make his an even dollar?' 'Apple pie?' said Pineapple?' she suggested. To that he agreed. A little later she noticed more signals of distress. 'Say,' he said confidentially, 'I believe I'll take that apple pie and make it a dollar five.' "In the 200 or 300 waiting in line for the lunchroom one may see many persons of interest. Even the lion tamer

has come as a guest. "There are seventy-five workers in the lunchroom, and an idea of what they have to do may be obtained by the following list of food for one day: Six hundred and twenty tea biscuits and 265 pies, 40 gallons of salad, 378 baked apples, 850 rolls, 79 layer cakes, 12 pans of corn bread, 90 custards and jellos and 23 pans of pudding. The two tablespoonfuls of cocoa. Let reach cially requiring funds. You see, there preciated is attested in the number couch slept soundly from 3 to 6 o'clock. very first day nearly 3,000 lunched here

> "Writing rooms and information bureaus and an assembly hall are also ir, our building. The auditorium scats 250 people and we have moving pict-Women's Christian Association work throughout the world. The building has been thoroughly equipped, for exincluding furnishing, was \$35,000, and what it has accomplished will never be rated in dollars."

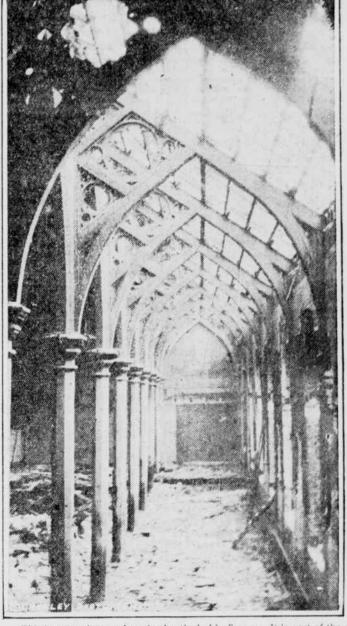
in Pie Making

water? I never heard of

Be up to date and try it. It had its number of applicants a day is sixty- thin, mustached individual in perpetual What she wants is conflict with a su- origin in the extension department of

such a thing!" exclaimed

Krupps and Desolate Louvain



This is not a picture of a ruined cathedral in France. It is part of the old Catholic Church of St. Vincent Ferrer, Lexington Avenue and Sixty-fifth Street, being demolished to make way for a new edifice.

New Yorkers need not travel to Bel-find themselves homeless. The ivy cov

footbaths for the weary, and kitchenettes. This is being erected out of the proceeds of the lunch room in our present building. There will be a refuge for those girls that are left to their own diversions between left to the modern wompand the find themselves homeless. The key covsued to travel to Bel-find themselves homeless. The key covsued to the proceeds of the lunch room in our pears to know is. Do women like it?

In other words, will they love me for mental conflict. She knows a terrible work of 42-centimetre for my fit does with the work of 42-centimetre for my fit does with the work of 42-centimetre for my fit does the foot of the work of 42-centimetre for my fit does spended

SOS Sounds Over the Tides That Threaten Tenement Children

keep on looking thin and sickish. He the knowledge she has accumulated and waxed strong and husky. Parts had to she'll proper to the strong and husky. Parts had to she'll proper to the strong and husky. Fresh Air Fund.

If they were going down on the Tipray for them, pour out your money to rescue them-if pouring out money would avail them aught.

And yet they are going down and you lift not a finger to help. Going down, not beneath the waters of the one pint. Put the meat on in cold or sirloin steak, scraped with a silver Atlantic, it is true, but overwhelmed water and allow it to come to a boil, spoon. When you have the desired as helplessly by the high tides of mis-

> Going down to a ruin just as black r, a piece of rare round or sirloin as that which hides fathoms below the succor you lift not a finger to help.

Who are they? They are the boys and girls of the

tender. Pour cold water over it and drain. Rub through a fine sieve.

Baked Apple.

Lenements of this proud city. They be are the 23,418 children of the submerged tenth for whom the Tribune Fresh Air Fund has been asked to pro-Apple based three-quarters of an They are puny, meagre, wan-faced tots our. Skin and core removed; two whom you may see living out a monotonus blespoonfuls of pulp strained through tablespoonfuls of pulp strained through phalt of the tenement districts any day M you choose to visit them.

It is a real, an urgent, call for help that this fund brings to you.

It is the call that comes to the fund Fr.

a cup, cooked with one quart of water for three-quarters of an hour, in a double boiler. Add enough water to nurses, the doctors, the settlement workers, the church visitors, the teachers, the clergy of New York. From all those whose life work brings them in Have a pint of water boiling in the intimate contact with the poor it

top of the double boiler; add one-nait teaspoonful of salt and drop in gradually one-half cup of oatmeal flakes, stirring all the while. Cook for three hours and strain through a wire sieve. Pour on one to two ounces of milk.

Pour on one to two ounces of milk.

Say these people: "Oh, if you would be well and the world does not rise in its might to supply the need.

Say these people: "Oh, if you would be well and the world does not rise in its might to supply the need.

And this rate can be maintained if

S O S.

Save the children!

If you've pity for the helpless show which no needy child shall go without its outing in the country? CONTRIBUTIONS TO THE TRIBUNE FRESH

TOUT FIGURES Final Reductions on

Entire Summer Stock to effect quick clearance before enlarging our showrooms. Lane Bryant is the only house carrying a

Dresses, Coats, Suits, Waists, Skirts, Negligees, Corsets and Underwear, Bathing Suits. Sweaters,

hat ACTUALLY will fit all types of tout figures measuring up to 56 bust. We can fit you! Call and be convinced Phone 6416 Lane Bryant, 25 West Greeley. Lane Bryant, 38th St.

What to Feed the Baby During Its Second Summer

NOTHING is so dangerous to a paper baby's health as his healthy development as proper

ready overcrowded.

feeding. For the first nine months, breast milk is the only food a baby should have, except a little pure drinking water. If the breast milk is not sufmented, as directed in a previous arpared cows' milk given in a bottle.

For the baby between nine and twelve months of age, certain foods may be carefully added to this diet, a list of which was given in the preced-

ing article. For a althy baby at the beginning of its second year, the same diet may be used and as the child grows various foods may be added. He may now take undiluted cows' milk, and well-cooked

At fifteen months he may have a little rare beef, or well cooked chicken the middle of a desk or table, but Reading lying down and reading or mutton. Meat for a baby should be scraped or finely minced.

The following are sample meals for a Milk, eight to ten ounces.

Piece of Zwieback, toast or dried bread. Orange juice, two ounces.

Stale bread, one piece. Broth, six ounces. Meat, one tablespoonful. Vegetable (spinach), one

spoonfuls.

tablespoonful. Cup milk. Baked apple, one to two tablespoonfuls. Cereal, one and a half table-

Milk, six to eight ounces. Toast or bread. ing; nothing so important to 10 p.m.-Milk, eight ounces in cup (may be omitted).

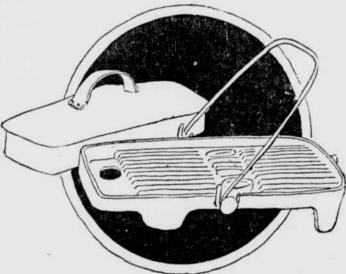
The following rules for cooking and be helpful to mothers; Toast.

slices; slices placed on edge in a toast clear liquid or jelly. Heat a small porrack in an oven to dry. Leave oven Keep the jelly covered and on ice. door partly open. Broth.

Of round steak, one pound; of water. One tablespoonful. Take meat, round

move the mest and add enough water little salt. to make up the original amount of is removed in a solid piece, leaving a knife. tion when it is time to feed the baby.

A New-Old Broiler Plate



EVEN if you have only a little one-burner gas stove, there is the EVEN if you have only a little one-burner gas stove, there is the kind of cast-iron plate here sketched, to be used over it in preparing meats. The plate, for gas stoves and ranges essentially, fits right over the flame of the ordinary burner and permits you to broil over and not under the flame, incidentally saving fuel. It is to be seen at the Permanent Country Life Exposition in the country for cooking meat and rules for cooking meat and vegetables for their use are given in a bulletin published by the Children for whom outings dren's Bureau of the Department of Labor, Washington. This publication, "Infant Care," is sent free to all who are being asked could be taken care of the previous flatteness for feeding rescue corps to whom the cry is sent. Places in hundreds are waiting in the country for children. Never before were they so numerous. This week the Tribune Fund will fill more than two thousand of them. At this rate all the children for whom outings are being asked could be taken care of the previous flatteness. is to be seen at the Permanent Country Life Exposition in the "Infant Care," is sent free to all who Grand Central Terminal.

then lower the flame so that it barely amount, shape into a pat and broil on ery, by the pitiless floods of adversity, simmers for three or four hours. Re- a hot, dry spider. When done, add a of sickness, of despair. preparing certain of these articles may liquid; strain through a wire sieve and steak, the outer part having been cut pulsing surface of great waters. And set aside to cool. When cold the fat away, is scraped or shredded with a while the S O S flashes out its call for Spinach. Cook spinach in salted water until

hour. Skin and core removed: two a fine sieve.

Cereal: Flour Preparations.

Cereal preparation, three-quarters of

keep moist. Oatmeal. top of the double boiler; add one-half comes.

And every time it comes it is in the

Pour on one to two ounces of milk.

Important Prohibitions.

Never give a baby cakes, candy, doughnuts, pastry, fresh bread, griddle cakes, syrup, meiasses, pork, or tough meat of any kind, bananas, over ripe fruits, pickles, tea, coffee, soda water, beer, or tastes of foods from the family table, especially during hot weather.

Additional directions for feeding and the property of the corps to whom the cry is sent. Places in hundred are waiting in

apply for it.